

Target Heart Rate Zone

-What you need to know!

Definition: a desired range of heart rate reached during exercise which enables you to receive the most benefit from a workout; particularly cardiovascular endurance.

How do I find my Target Heart Rate Zone?

1. $220 - \text{age} = \text{maximum heart rate (Max HR)}$
2. $\text{Max HR} \times 60\% = \text{low end of THRZ}$
3. $\text{Max HR} \times 90\% = \text{high end of THRZ}$

How often should I be exercising in my THRZ?

At *least* 3 days a week for 20 minutes. To receive greater benefits more is better!

Why is knowing my THRZ important?

To ensure I am getting the benefits of my work out I need to make sure I am exercising in my THRZ. If I want to lose weight or increase my performance in fitness or sport it is important to know I am pushing myself to an adequate level.

